

HOMCOM UKA91-092BK0331

HOMCOM Multifunction Power Tower with Bench Instruction Manual

Model: UKA91-092BK0331

Safety Information	Setup	Operation	Maintenance	Troubleshooting	Specifications	Support
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1. SAFETY INFORMATION

Please read and understand all instructions before assembling and using the HOMCOM Multifunction Power Tower. Retain this manual for future reference.

- **Maximum Load Capacity:** This equipment is designed to support a maximum user weight of **150 kg (330 lbs)**. Do not exceed this weight limit.
- **Health Warning:** Consult a physician before beginning any exercise program. Stop exercising immediately if you feel faint, dizzy, or experience pain.
- **Assembly:** Ensure all bolts, nuts, and connections are securely tightened before each use. Improper assembly can lead to injury.
- **Placement:** Use the power tower on a flat, stable, non-slip surface. Ensure adequate space around the equipment for safe operation.
- **Children and Pets:** Keep children and pets away from the equipment during use.
- **Inspection:** Regularly inspect the equipment for wear and tear, loose parts, or damage. Do not use if any components are damaged.
- **Proper Use:** Use the equipment only for its intended purpose as described in this manual.

2. SETUP AND ASSEMBLY

Assembly of the HOMCOM Multifunction Power Tower is required. It is recommended that two adults assemble the unit to ensure safety and ease of construction. Please refer to the detailed assembly diagram and parts list provided in the packaging for step-by-step instructions.

2.1. Unpacking

Carefully remove all components from the packaging. Lay them out on a clean, flat surface and verify that all parts are

present according to the parts list.

2.2. Assembly Steps (General Guidance)

1. Begin by attaching the main base frame components.
2. Secure the vertical support beams to the base.
3. Install the pull-up bar and dip station arms.
4. Attach the adjustable sit-up bench and back cushion.
5. Ensure all bolts and nuts are tightened using the provided tools. Do not overtighten, but ensure a firm connection.



Image: The HOMCOM Multifunction Power Tower with Bench, showcasing its complete assembly in a gym environment. This image illustrates the overall structure and design of the fitness equipment.

2.3. Initial Inspection

After assembly, perform a thorough inspection to confirm all parts are correctly installed and secured. Test the stability of the unit before initial use.

3. OPERATION AND EXERCISES

The HOMCOM Multifunction Power Tower is designed for a comprehensive full-body workout, targeting various muscle groups. It supports exercises such as pull-ups, dips, sit-ups, push-ups, and bench press.



Image: A visual guide demonstrating various exercises that can be performed using the power tower, including pull-ups, dips, sit-ups, bench press, and push-ups.

3.1. Adjusting the Equipment

The power tower features adjustable components to suit different user heights and exercise requirements:

- **Height Adjustment:** The pull-up bar and dip stand can be adjusted to seven different heights, ranging from 200 cm to 230 cm. To adjust, locate the adjustment pins, pull them out, slide the bar/stand to the desired height, and re-insert the pins securely.
- **Bench Angle Adjustment:** The back cushion of the sit-up bench can be tilted to seven different angles, from 30° to 90°. To adjust, release the locking mechanism, set the bench to the preferred angle, and ensure it locks firmly into place.

FULLY ADJUSTABLE



Image: A diagram highlighting the fully adjustable features of the power tower, showing the 7 different height settings for the pull-up bar (200-230 cm) and 7 different angle settings for the bench (30°-90°).

3.2. Performing Exercises

- **Pull-ups:** Grip the pull-up bar with an overhand or underhand grip. Pull your body upwards until your chin clears the bar. Lower yourself slowly.
- **Dips:** Place your hands on the dip handles. Lower your body by bending your elbows until your shoulders are below your elbows. Push back up to the starting position.
- **Sit-ups:** Lie on the adjustable bench with your feet secured. Perform sit-ups by engaging your core and lifting your torso towards your knees.
- **Push-ups:** Utilize the lower handles or the bench for elevated push-ups, or use the floor with the bench for support.
- **Bench Press:** Use the adjustable bench in conjunction with a barbell (not included) for bench press exercises. Ensure the bench is stable and locked.



Image: A man demonstrating a pull-up exercise on the HOMCOM Power Tower, highlighting the use of the pull-up bar.



Image: A man demonstrating a push-up exercise, utilizing the bench of the HOMCOM Power Tower for support and varied intensity.

4. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your HOMCOM Multifunction Power Tower.

4.1. Cleaning

Wipe down the equipment with a damp cloth after each use to remove sweat and dust. Avoid using abrasive cleaners or solvents that could damage the finish or materials.

4.2. Inspection

Periodically check all nuts, bolts, and moving parts for tightness. Tighten any loose fasteners. Inspect the frame for any signs of cracks or damage. Check the padding for tears or excessive wear.

4.3. Storage

The power tower features a foldable design for convenient storage when not in use. To fold, follow the instructions in your

assembly manual to safely collapse the unit. Store in a dry, clean area away from direct sunlight and extreme temperatures.



Image: The HOMCOM Power Tower shown in its folded configuration, illustrating how it can be stored compactly when not in use.

5. TROUBLESHOOTING

If you encounter any issues with your HOMCOM Multifunction Power Tower, refer to the following common solutions:

- **Equipment feels shaky or unstable:**

Ensure all assembly bolts and nuts are fully tightened. Verify the unit is placed on a completely flat and level surface.

- **Difficulty adjusting height or angle:**

Check that adjustment pins are fully disengaged before attempting to move components. Ensure no debris is obstructing the adjustment holes. Apply a small amount of silicone lubricant if movement is stiff.

- **Squeaking noises during use:**

Identify the source of the noise. It may indicate a loose connection or friction between metal parts. Tighten any

loose bolts. If necessary, apply a small amount of lubricant to pivot points or contact areas.

If problems persist, discontinue use and contact customer support.

6. SPECIFICATIONS

Feature	Detail
Brand	HOMCOM
Model Number	UKA91-092BK0331
Material	Alloy Steel, Polyvinyl Chloride (PVC)
Color	Black
Maximum Weight Recommendation	150 Kilograms (330 lbs)
Item Weight	30 Kilograms (66 lbs)
Overall Dimensions (H x W x D)	200-230 cm x 99 cm x 178 cm
Folded Dimensions (H x W x D)	200 cm x 92 cm x 115 cm
Pull-up Bar Height Adjustment	7 levels (200-230 cm)
Bench Angle Adjustment	7 levels (30°-90°)
Included Components	No additional components included (main unit only)

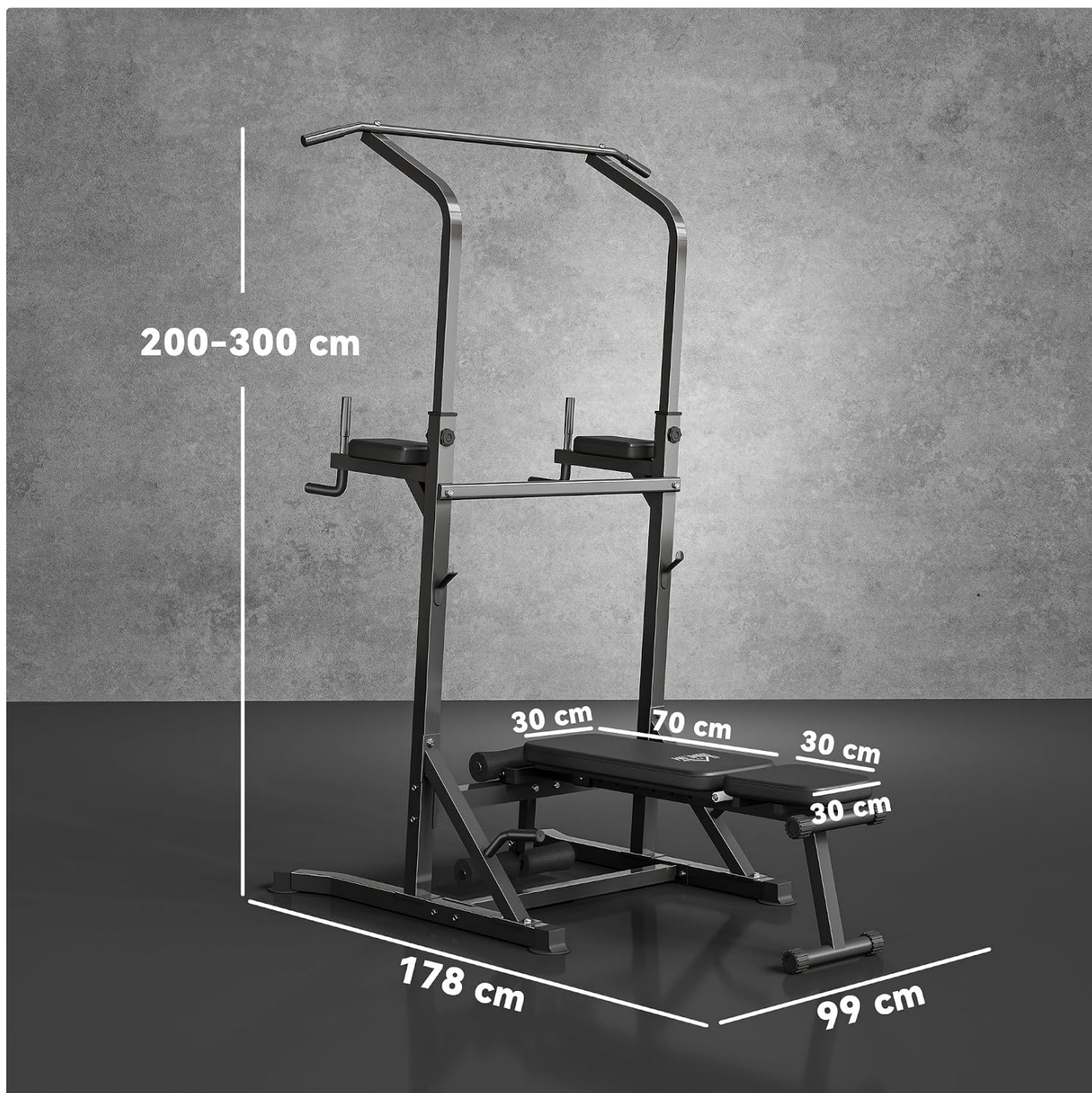


Image: A detailed diagram illustrating the key dimensions of the HOMCOM Power Tower, including height, width, and depth measurements.



Image: Close-up views of the power tower's construction, highlighting the strong steel frame, comfortable elbow pads, and non-slip foot pads for stability and safety.

7. WARRANTY AND SUPPORT

For warranty information, product support, or to order replacement parts, please refer to the documentation included with your purchase or contact the retailer/manufacturer directly. Please have your model number (UKA91-092BK0331) and purchase date available when contacting support.

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